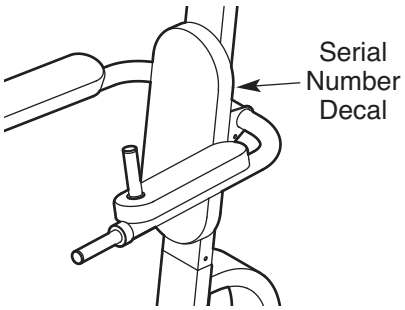
WEIDER® PT 800 PRO

Model No. WEEVBE1495.1
Serial No. _____

Write the serial number in the space above for reference.



QUESTIONS?

If you have questions, or if there are missing parts, please contact us:

Call: 08457 089 009
From Ireland: 00 (44) 53 9236102

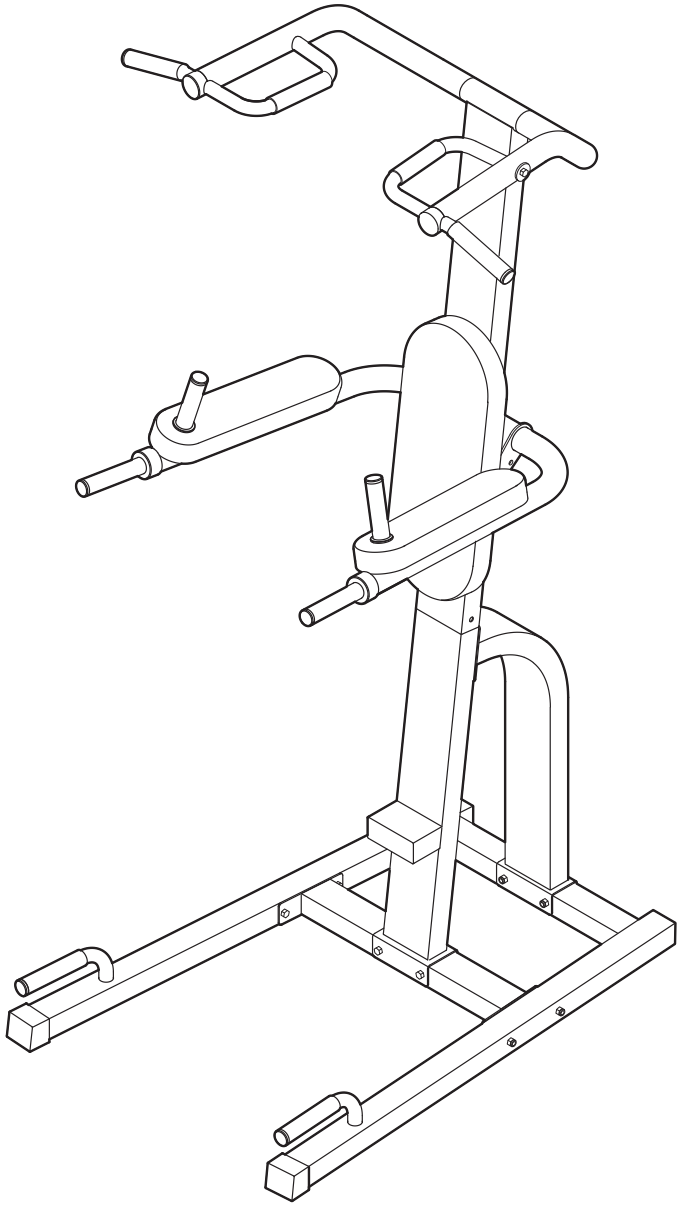
Website: www.iconsupport.eu
E-mail: csuk@iconeurope.com

Write:
ICON Health & Fitness, Ltd.
c/o HI Group PLC
Express Way
Whitwood, West Yorkshire
WF10 5QJ
UK

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

USER'S MANUAL



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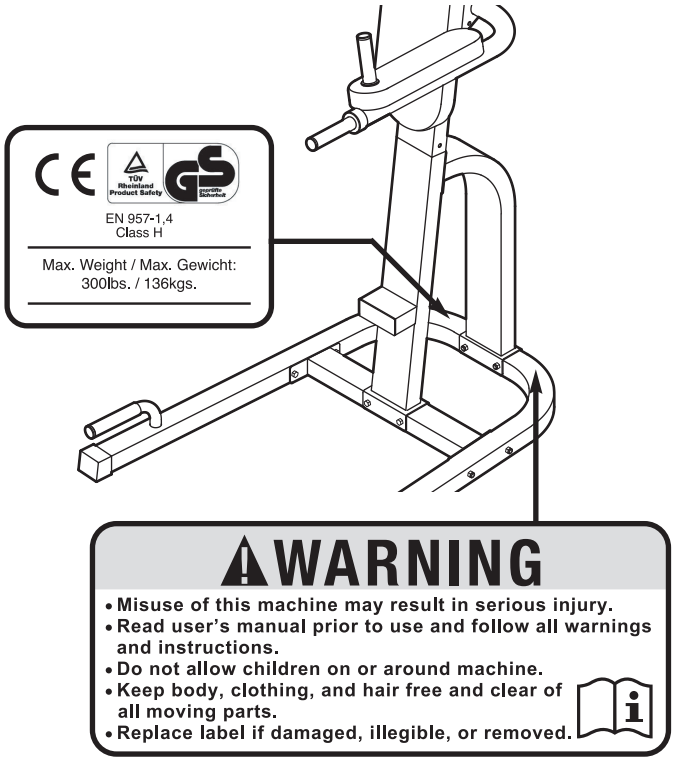
WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.


EN 957-1,4
Class H
Max. Weight / Max. Gewicht:
300lbs. / 136kgs.
WARNING
• Misuse of this machine may result in serious injury.
• Read user's manual prior to use and follow all warnings and instructions.
• Do not allow children on or around machine.
• Keep body, clothing, and hair free and clear of all moving parts.
• Replace label if damaged, illegible, or removed.

WEIDER is a registered trademark of ICON IP, Inc.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your exercise rack before using your exercise rack. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

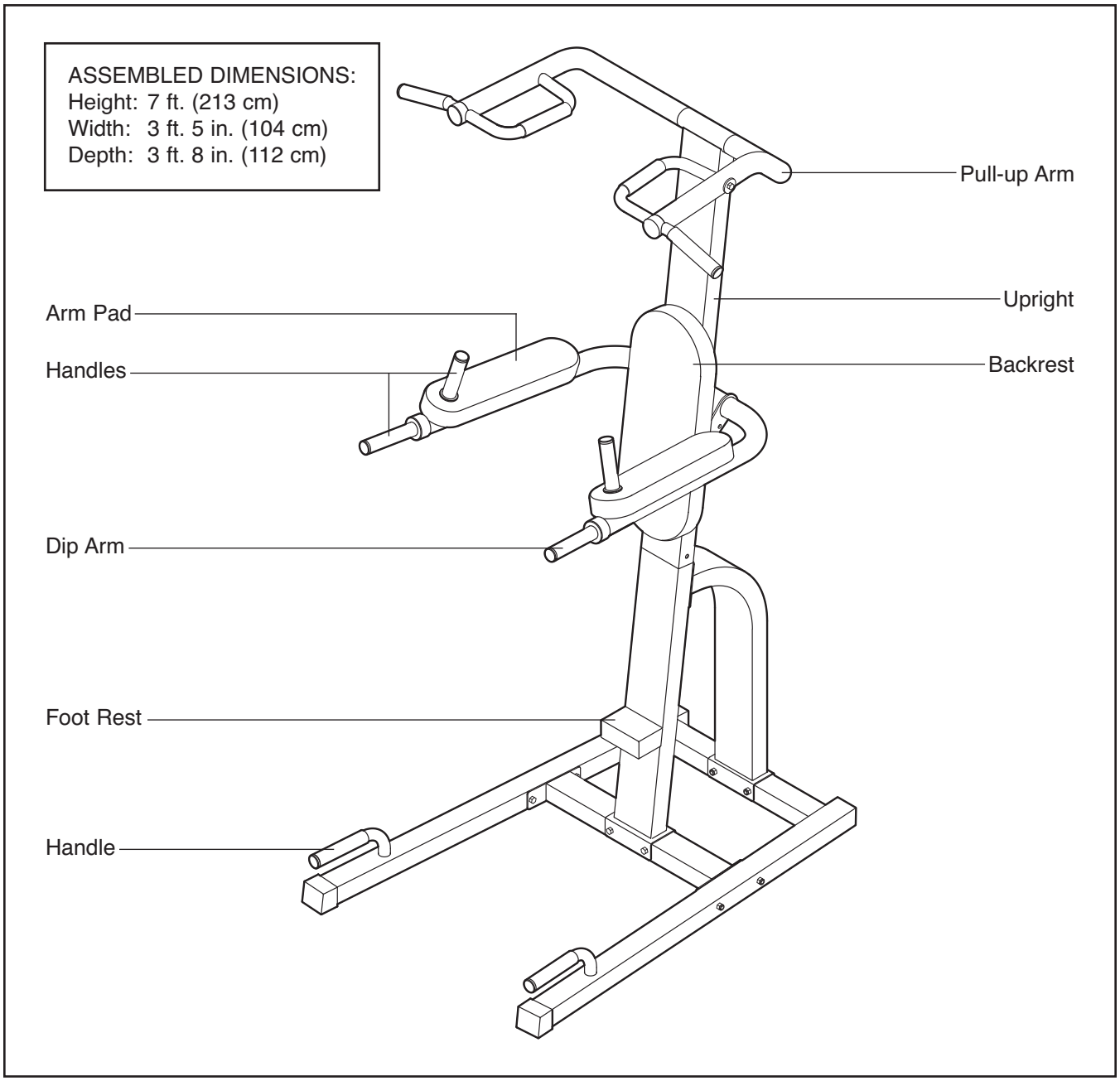
1. **Read all instructions in this manual and all warnings on the exercise rack before using the exercise rack. Use the exercise rack only as described in this manual.**
2. **It is the responsibility of the owner to ensure that all users of the exercise rack are adequately informed of all precautions.**
3. **The exercise rack is intended for home use only. Do not use the exercise rack in any commercial, rental, or institutional setting.**
4. **Keep the exercise rack indoors, away from moisture and dust. Place the exercise rack on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the exercise rack to mount, dismount, and use the exercise rack.**
5. **Keep children under 12 and pets away from the exercise rack at all times.**
6. **Make sure all parts are properly tightened each time the exercise rack is used. Replace any worn parts immediately.**
7. **Always wear athletic shoes for foot protection while exercising.**
8. **The exercise rack is designed to support a maximum user weight of 300 lbs. (136 kg).**
9. **The exercise rack is not designed to be used with weights. Do not use weights or other forms of resistance with the exercise rack.**
10. **If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.**

BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER® PRO PT 800 exercise rack. The exercise rack is designed to help you develop the major muscle groups of the upper body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the exercise rack will help you to achieve the specific results you want.

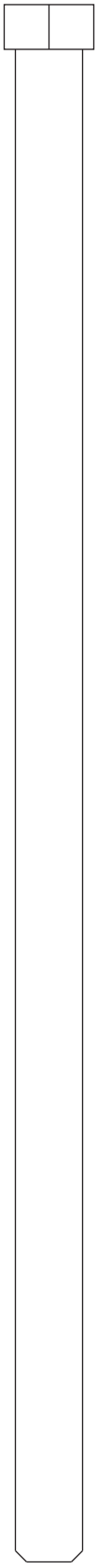
For your benefit, read this manual carefully before using the exercise rack. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please look at the drawing below and familiarize yourself with the parts that are labeled.



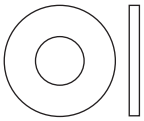
PART IDENTIFICATION CHART

Refer to the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST near the end of this manual. **IMPORTANT: If you cannot find a part in the hardware kit, check to see if it has been preassembled.**



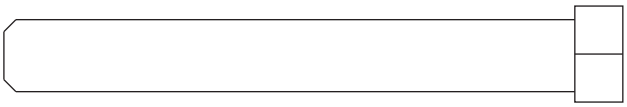
M10 x 215mm Bolt (22)

M10 x 95mm Bolt (27)

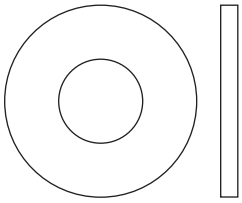


M6 Washer (15)

M10 x 90mm Bolt (19)

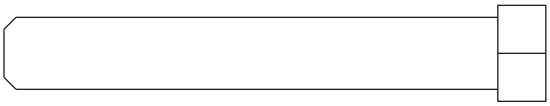


M10 x 75mm Screw (36)

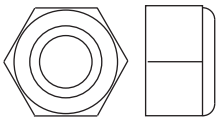


M10 Washer (30)

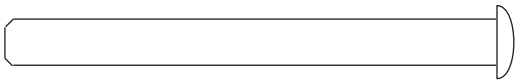
M10 x 70mm Screw (31)



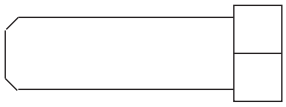
M10 x 65mm Screw (29)



M10 Locknut (25)



M6 x 65mm Screw (21)



M10 x 30mm Screw (20)

M4 x 16mm Self-tapping Screw (24)

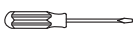
ASSEMBLY

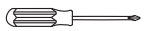
To make assembly easier, carefully read the following information and instructions:

- Assembly requires two persons.
- Because of its weight and size, the exercise rack should be assembled in the location where it will be used. Make sure that there is enough clearance to walk around the exercise rack as you assemble it.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- For help identifying small parts, use the PART IDENTIFICATION CHART on page 5.
- The following tools (not included) may be required for assembly:

two adjustable wrenches

one rubber mallet

one standard screwdriver 

one Phillips screwdriver 

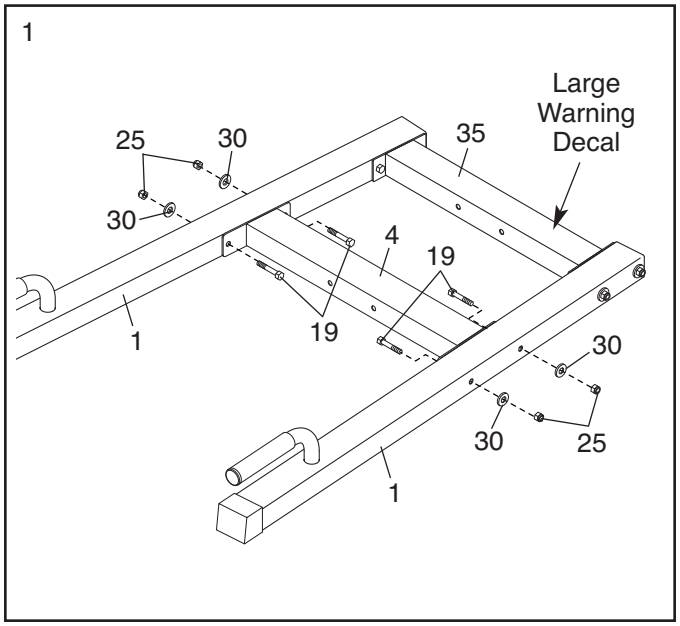
Assembly may be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1. **Before beginning assembly, make sure that you understand the information in the box above.**

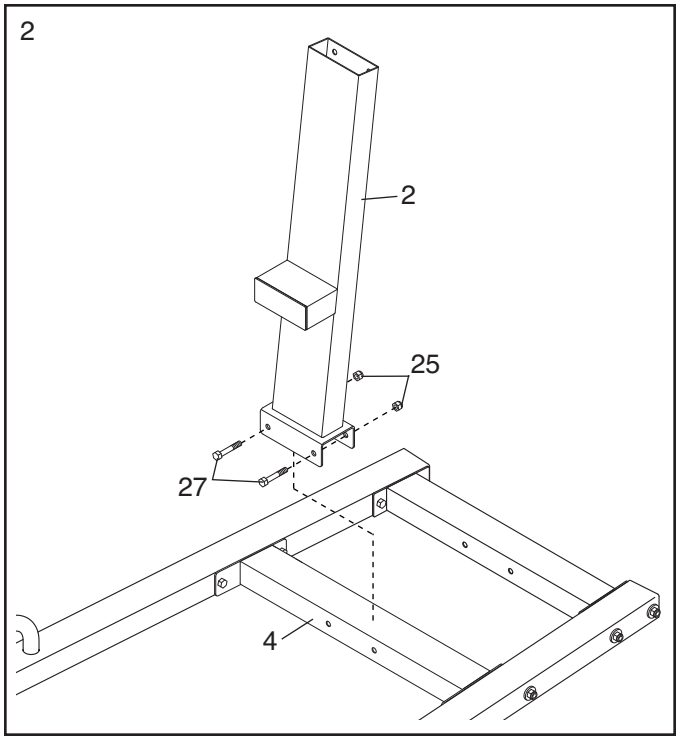
Orient the two Base Frames (1), the Center Base (4), and the Rear Base (35) as shown. **Make sure that the large warning decal on the Rear Base is in the position shown.**

Attach the Center Base (4) to the two Base Frames (1) with four M10 x 90mm Bolts (19), four M10 Washers (30), and four M10 Locknuts (25). **Do not tighten the Locknuts yet.**

Attach the Rear Base (35) to the two Base Frames (1) in the same way.



2. Attach the Upright Base (2) to the Center Base (4) with two M10 x 95mm Bolts (27) and two M10 Locknuts (25). **Do not tighten the Locknuts yet.**

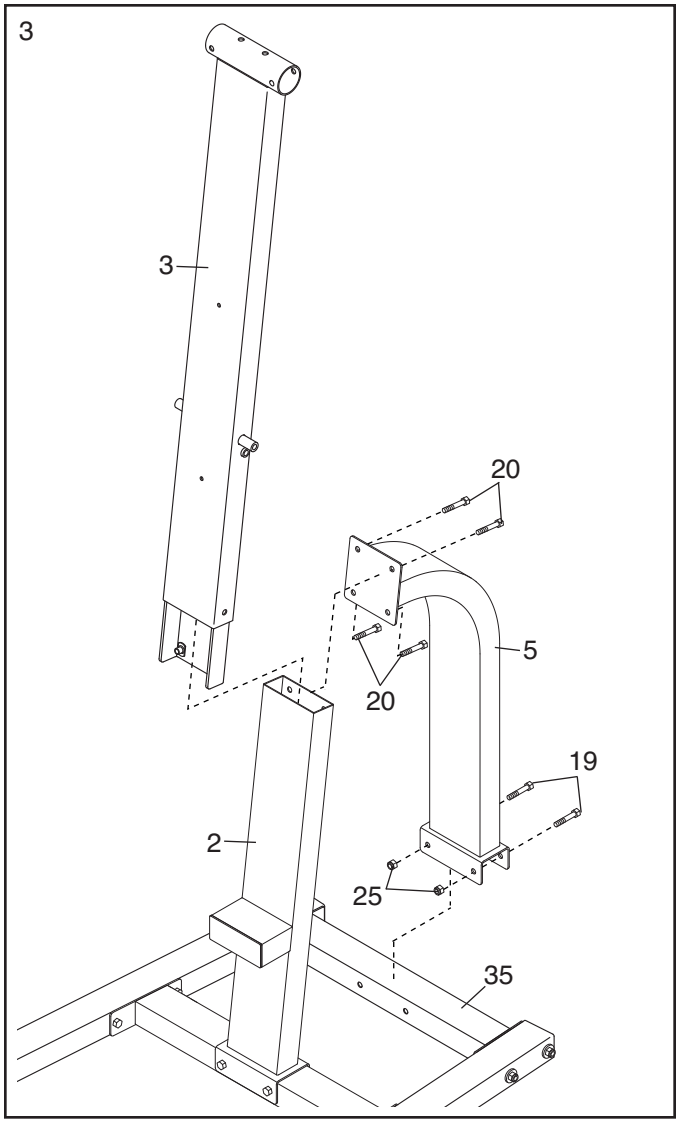


3. Attach the Support (5) to the Rear Base (35) with two M10 x 90mm Bolts (19) and two M10 Locknuts (25). **Do not tighten the Locknuts yet.**

   Insert the Upright (3) into the Upright Base (2).

   Attach the Upright (3) and the Support (5) to the Upright Base (2) with four M10 x 30mm Screws (20).

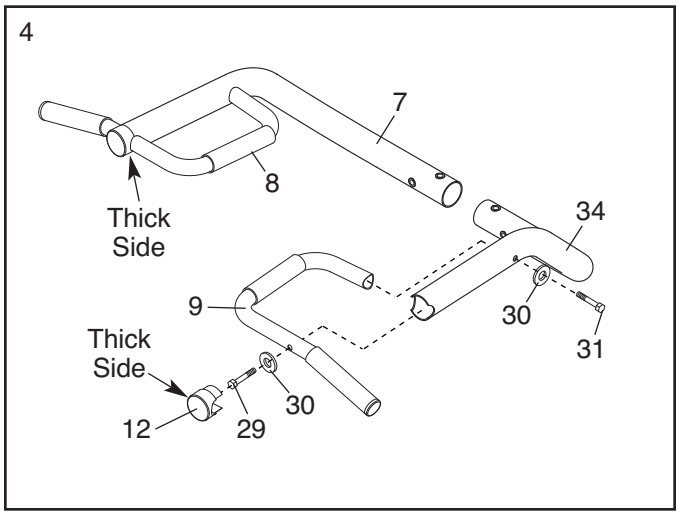
   See steps 1–3. Tighten the M10 Locknuts (25).



4. Attach the Left Handle (9) to the Left Pull-up Arm (34) with an M10 x 65mm Screw (29), an M10 x 70mm Screw (31), and two M10 Washers (30).

   Press a 50mm Round Inner Cap (12) into the Left Pull-up Arm (34). **Make sure that the thick side of the Cap is on the side shown.**

   Attach the Right Handle (8) to the Right Pull-up Arm (7) in the same way.

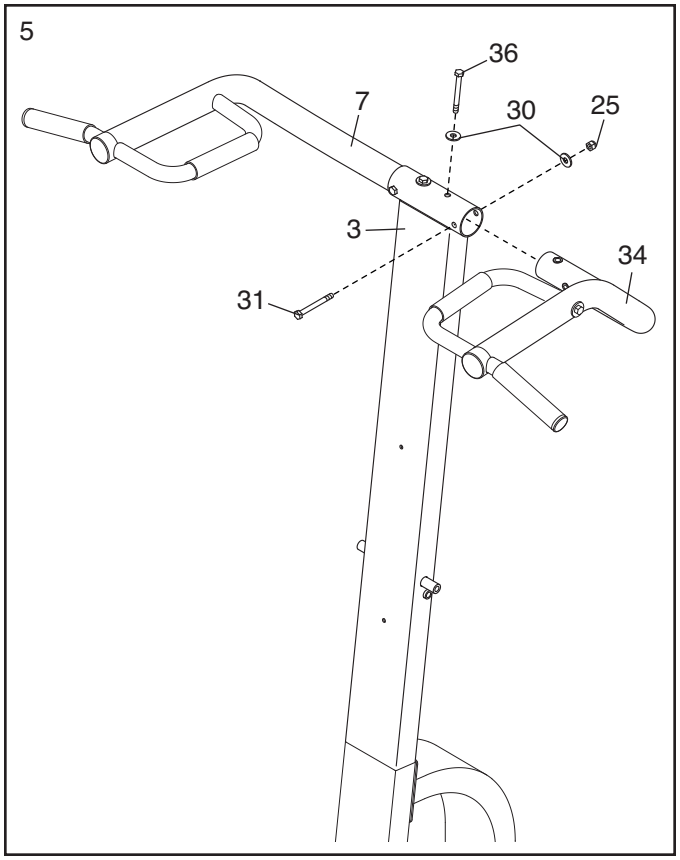


5. Insert the Left Pull-up Arm (34) into the Upright (3).

   Attach the Left Pull-up Arm (34) to the Upright (3) with an M10 x 75mm Screw (36) and an M10 Washer (30). **Do not tighten the Screw yet.**

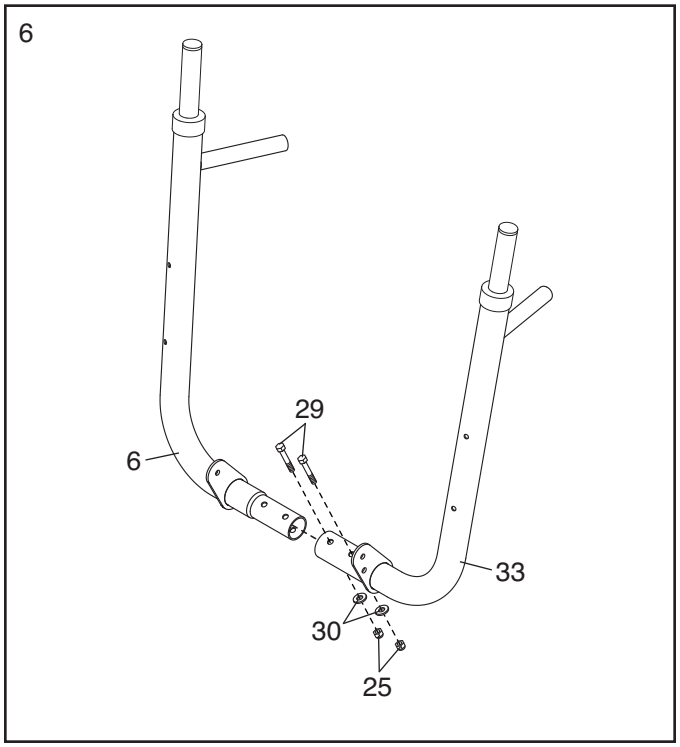
   Attach the Left Pull-up Arm (34) with an M10 x 70mm Screw (31), an M10 Washer (30), and an M10 Locknut (25). **Then, tighten the M10 x 75mm Screw (36).**

   Attach the Right Pull-up Arm (7) to the Upright (3) in the same way.



6. Orient the Right and Left Dip Arms (6, 33) as shown. Slide the Left Dip Arm onto the Right Dip Arm.

   Attach the Right and Left Dip Arms (6, 33) with two M10 x 65mm Screws (29), two M10 Washers (30), and two M10 Locknuts (25).

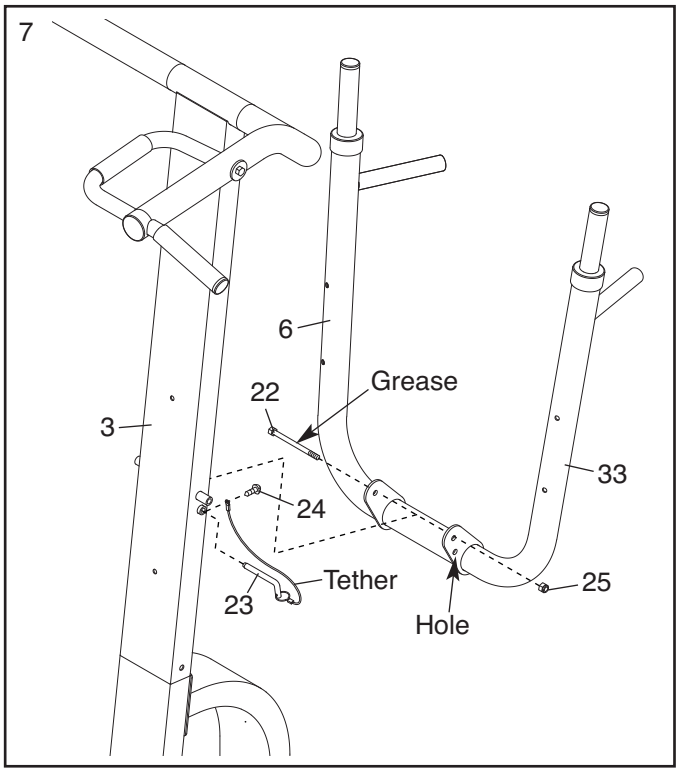


7. Apply some of the included grease to the M10 x 215mm Bolt (22).

   Attach the Right and Left Dip Arms (6, 33) to the Upright (3) with the M10 x 215mm Bolt (22) and an M10 Locknut (25). **Do not overtighten the Locknut; the Dip Arms must pivot easily.**

   Attach the tether on the Pin (23) to the Upright (3) with an M4 x 16mm Self-tapping Screw (24).

   Insert the Pin (23) into the hole in the Left Dip Arm (33) and into the Upright (3).

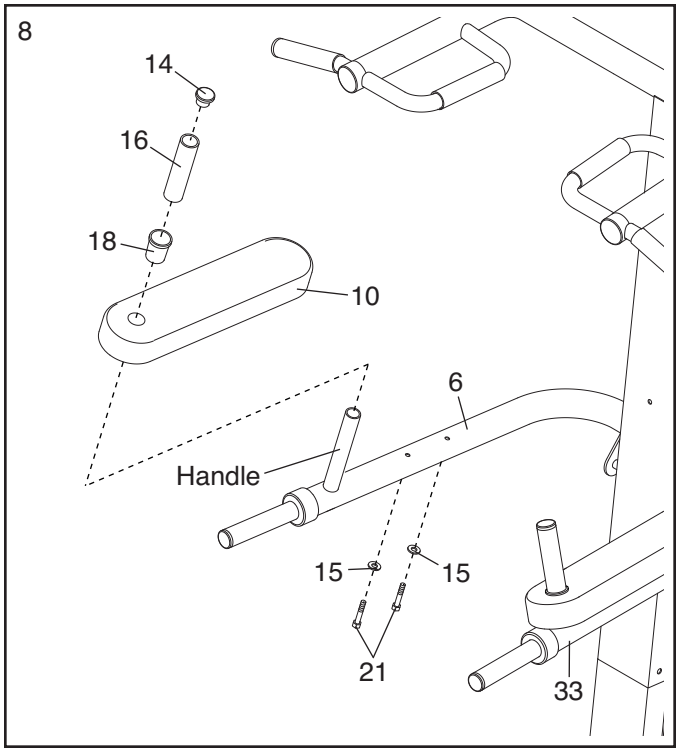


8. Attach an Arm Pad (10) to the Right Dip Arm (6) with two M6 x 65mm Screws (21) and two M6 Washers (15).

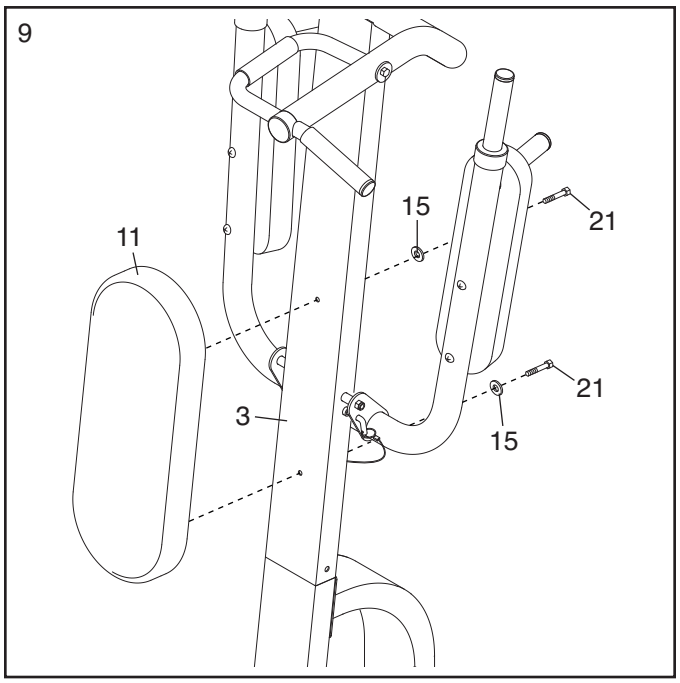
   Wet a Short Foam Grip (16) and the indicated handle on the Right Dip Arm (6) with soapy water.

   Press a Bushing (18), the Short Foam Grip (16), and a 28mm Round Inner Cap (14) onto the handle on the Right Dip Arm (6).

   Repeat this step for the Left Dip Arm (33).



9. Attach the Backrest (11) to the Upright (3) with two M6 x 65mm Screws (21) and two M6 Washers (15).



10. **Make sure that all parts are properly tightened before you use the exercise rack.**

ADJUSTMENTS

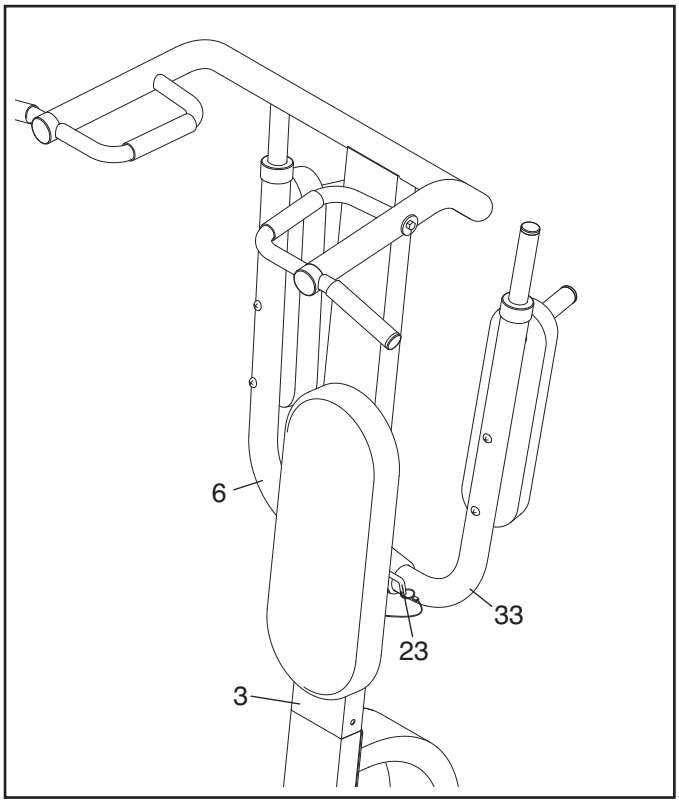
This section explains how to adjust the exercise rack. See the EXERCISE GUIDELINES on page 12 for important information about how to get the most benefit from your exercise program. Also, refer to the accompanying exercise guide to see the correct form for each exercise.

Make sure all parts are properly tightened each time you use the exercise rack. Replace any worn parts immediately. The exercise rack can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

ADJUSTING THE DIP ARMS

To adjust the Right and Left Dip Arms (6, 33) to the up or down position, remove the Pin (23). Move the Right and Left Dip Arms to the new position and reinsert the Pin into the Left Dip Arm.

Note: The Pin (23) must be inserted into the Left Dip Arm (33) and the Upright (3) when the Left Dip Arm is in the up position, as shown in the drawing. The Pin will be behind the Upright when the Left Dip Arm is in the down position.



EXERCISE GUIDELINES

FOUR TYPES OF STRENGTH WORKOUTS

Note: A “repetition” is one complete cycle of an exercise, such as one sit-up. A “set” is a series of repetitions.

Muscle Building—Work your muscles near their maximum capacity and progressively increase the intensity of your exercise. Adjust the intensity level of an individual exercise as follows:
- Change the amount of resistance used.
- Change the number of repetitions or sets performed.

Use your own judgment to determine the amount of resistance that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of resistance.

Toning—Tone your muscles by working them to a moderate percentage of their capacity. Select a moderate amount of resistance and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of resistance.

Weight Loss—To lose weight, use a low amount of resistance and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross Training—Combine strength training and aerobic exercise by following this type of program:
- Strength training workouts on Monday, Wednesday, and Friday.
- 20 to 30 minutes of aerobic exercise on Tuesday and Thursday.
- One full day of rest each week to give your body time to regenerate.

WORKOUT GUIDELINES

Familiarize yourself with the equipment and learn the proper form for each exercise. Use your own judgment to determine the appropriate length of time for each workout, and the numbers of repetitions and sets to complete. Progress at your own pace and be sensitive to your body’s signals. Follow each workout with at least one day of rest.

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Working Out—Include 6 to 10 different exercises in each workout. Select exercises for every major muscle group, emphasizing areas that you want to develop. To give balance and variety to your workouts, vary the exercises from workout to workout.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FORM

Move through the full range of motion for each exercise and move only the appropriate parts of the body. Perform the repetitions in each set smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set:
- Muscle Building—Rest for three minutes after each set.
- Toning—Rest for one minute after each set.
- Weight Loss—Rest for 30 seconds after each set.

STAYING MOTIVATED

For motivation, keep a record of each workout. Write the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed. Record your weight and key body measurements once a month. To achieve good results, make exercise a regular and enjoyable part of your life.

NOTES

PART LIST—Model No. WEEVBE1495.1

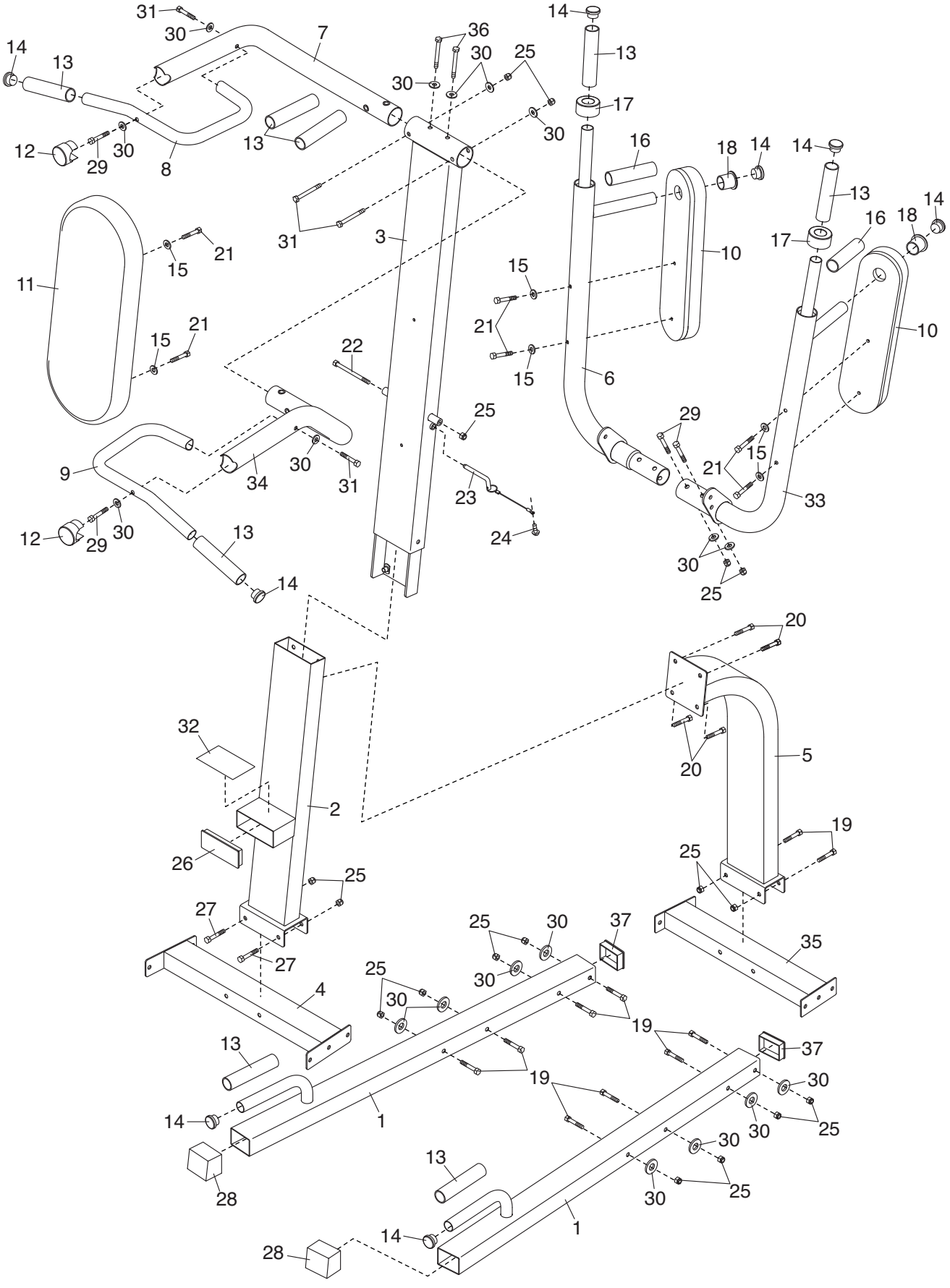
R0709A

Key No.	Qty.	Description
1	2	Base Frame
2	1	Upright Base
3	1	Upright
4	1	Center Base
5	1	Support
6	1	Right Dip Arm
7	1	Right Pull-up Arm
8	1	Right Handle
9	1	Left Handle
10	2	Arm Pad
11	1	Backrest
12	2	50mm Round Inner Cap
13	8	Long Foam Grip
14	8	28mm Round Inner Cap
15	6	M6 Washer
16	2	Short Foam Grip
17	2	50mm Round Arm Cap
18	2	Bushing
19	10	M10 x 90mm Bolt
20	4	M10 x 30mm Screw
21	6	M6 x 65mm Screw
22	1	M10 x 215mm Bolt
23	1	Pin
24	1	M4 x 16mm Self-tapping Screw
25	17	M10 Locknut
26	1	50mm x 127mm Inner Cap
27	2	M10 x 95mm Bolt
28	2	70mm x 50mm Outer Cap
29	4	M10 x 65mm Screw
30	18	M10 Washer
31	4	M10 x 70mm Screw
32	1	Grip Tape
33	1	Left Dip Arm
34	1	Left Pull-up Arm
35	1	Rear Base
36	2	M10 x 75mm Screw
37	2	50mm x 70mm Inner Cap
*	–	User's Manual
*	–	Exercise Guide
*	–	Grease Packet

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.

EXPLODED DRAWING—Model No. WEEVBE1495.1

R0709A



ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

Part No. 282760 R0709A

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